



Borough of CONSHOHOCKEN

NEWS RELEASE

FOR IMMEDIATE RELEASE

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Conshohocken, PA

CONTACT: Kate Kosmin

PHONE: 610-828-3266

EMAIL: kkosmin@conshohockenpa.gov

SENIOR FITNESS AND WELLNESS ACTIVITIES IN CONSHOHOCKEN

The Borough of Conshohocken, a small but vibrant Borough, has a sizeable senior population that participates largely in the Community. This past March, the Borough of Conshohocken purchased a new bingo machine and flashboard that is now utilized by the St. Mary's Golden Age Club. The machine is used every Monday during bingo season at the Community Center at the Fel and has been a valuable improvement to senior bingo members.

Pat Barr, Program Coordinator of the Bingo St. Mary's Golden Age Club, volunteers her time each Monday morning managing all game and refreshment logistics, along with organizing special bingo sessions that celebrate various members, holidays or events.

Aside from senior bingo, senior membership holders at the Community Center at the Fel are able to participate in three senior fitness classes each week. Classes are held on Monday, Wednesday and Friday mornings.

In addition to senior fitness classes, the Borough of Conshohocken is in the process of installing a brand new walking track around the A-field, to be completed by the end of May. The track will be 7 feet wide and will be available for public use. It will also be made of a rubber surface, making it low impact and ideal for seniors who enjoy outside walking.

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Borough Website: www.conshohockenpa.gov

Phone: 610-828-1092 | Fax: 610-828-

Business Hours: Monday – Friday | 8:30am – 4:30pm